

Metas de setembro



Capitolo de settembre

[illegible]

planejamento mensal

DOMINGO	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	Anotações:					

LUGARES E EVENTOS DE SETEMBRO

[illegible]

Cronograma capilar

SEMANAS:			
1			
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3			
4			



HIDRATAÇÃO

RECONSTRUÇÃO

NUTRIÇÃO



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Importante!



ANOTAÇÕES

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01

SÁBADO

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ANOTAÇÕES

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TERÇA-FEIRA

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QUARTA-FEIRA



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QUINTA-FEIRA

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SEXTA-FEIRA

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SÁBADO

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Importante!

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SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA



ANOTAÇÕES

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QUINTA-FEIRA

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SEXTA-FEIRA

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SÁBADO

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DOMINGO

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Importante!

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SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA



ANOTAÇÕES

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QUINTA-FEIRA

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ANOTAÇÕES

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SEGUNDA-FEIRA

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QUINTA-FEIRA

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SEXTA-FEIRA

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SÁBADO

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DOMINGO

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Comprimas

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Anotações

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Anotações

[illegible]

Anotações

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the paper is completely blank except for the lines.